

Mountaineer

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Oct. 13, 2006

Army unveils new advertising campaign

Army News Service

WASHINGTON — Army Secretary Dr. Francis J. Harvey announced Monday the start of its communication and education efforts to assist the Army family in communicating to the nation its new advertising campaign — Army Strong — to an audience of Soldiers, Army civilians and family members.

"This morning we will launch our internal communications and education phase lasting several weeks until we formally launch the new advertising campaign on Nov. 9," Harvey said. "It is vitally important that the internal Army family understand and embrace this new campaign. I believe it speaks to an essential truth of being a Soldier."

The Army is taking 30 days to

educate its internal audience on the campaign's meaning. It will go "public" Nov. 9 with television, radio and online spots, as well as an updated www.goarmy.com Web site. Print ads are scheduled to begin in January and will be directed to media that appeal to young adults.

The Army Strong campaign will build on the foundation of previous recruiting campaigns by highlighting the transformative power of the Army. It will also capture the defining experiences of Soldiers — active duty, Army Reserve, and National Guard — serving the nation at home and abroad.

"I am both inspired and confident that the campaign will build on the positive momentum within our recruiting program," said Lt. Gen. Robert Van Antwerp Jr., commander of the U.S. Army Accessions Command.

The Army Strong campaign will address the interests and motivations of those considering a career in the Army and will also speak to family members and friends supporting prospective recruits.

Editor's note:

The *Mountaineer* will run more articles which fully explain the new campaign.

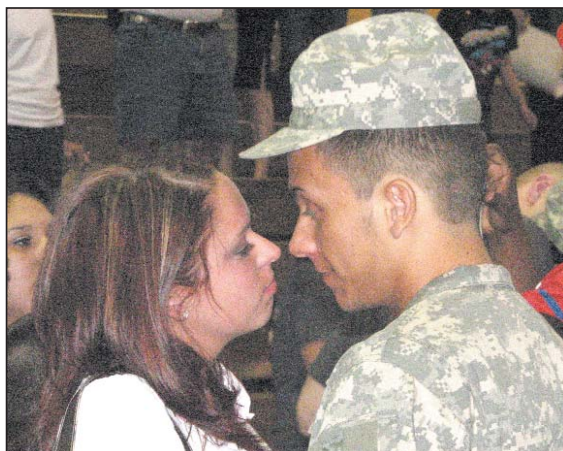
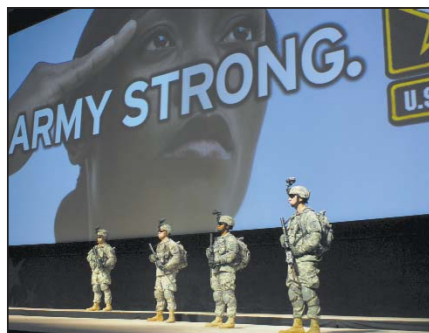


Photo by Michael J. Pach

A warm welcome home

A young couple stares intently into each other's eyes during the welcome home ceremony Saturday for the 10th Combat Support Hospital. The 10th CSH returned after one year in Iraq in support of Operation Iraqi Freedom. These Soldiers provided all levels of medical care, from trauma to preventive medicine, to Coalition Forces and Iraqi citizens.

Fort Carson ranks in top 10 federal Green Power Partners

Directorate of Environmental Compliance and Management

The U.S. Environmental Protection Agency announced Sept. 22 that Fort Carson placed fifth on its second quarterly ranking of Top 10 Federal Green Power Partners list.

Fort Carson is being recognized for its voluntary purchase of 40,000 megawatt-hours of green power.

The list highlights the largest renewable energy purchases of federal agencies. Green power is a designation commonly used for electricity generated products that are partially or entirely generated from renewable resources such as solar, wind, geothermal, biogas and low-impact biomass and hydro methods.

According to the EPA, the combined renewable energy purchases of the 10 agencies, amounts to approximately 1.7 billion kilowatt-hours of green power or the equivalent of the energy required to power approximately 139,000 average homes in the United States or eliminating carbon dioxide emissions from 235,000 cars in a year.

Fort Carson partnered with eight other government agencies in July 2005, signing a landmark agreement with the Western Area Power Administration to purchase renewable energy certificates.

The installation is in its second year of a five-year contract to purchase RECs. The credits come from a combination of renewable energy from wood biomass (76 percent) from sawmills in California and wind farms (24 percent), located in California and Nebraska.

At about \$1 per million watt-hours, the certificates Fort Carson purchased, equates to approximately 2,450 hours of renewable energy produced or the annual power needs of 3,700 homes. Fort Carson currently purchases 29 percent of its energy from renewable sources.

Buying the credits does not mean Fort Carson uses the renewable energy produced. Instead, the purchase gives Fort Carson credit for supporting renewable energy production.

Renewable energy sources such as wind, sun and wood are created daily, offering a limitless supply, unlike fossil fuels commonly used. By backing renewable energy use, Fort Carson reduces the nation's dependency on foreign oil, helping to improve our national security and avoid rising costs.

The EPA updates the list of green power purchasers quarterly. For more information about the EPA's Green Power Partnership and the Top 10 Federal Partners, visit: <http://www.epa.gov/greenpower>.

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MUST SEE



Fort Carson kicks off annual CFC.
See Pages 28-29.

Word of the month: **TEAMWORK**

Energy efficiency crucial to cutting utility costs during winter

by Susan C. Galentine

Directorate of Environmental Compliance and Management.

October is Energy Awareness Month within the federal government, which is a good time to remember energy saving opportunities as winter approaches. Conserving energy during winter doesn't mean giving up warmth and comfort; it can, however, mean energy-efficient measures and purchases, some of which apply throughout the year regardless of the season.

The government-backed, ENERGY STAR program provides information on purchasing energy-efficient appliances, including items such as programmable thermostats and furnaces. According to ENERGY STAR guidelines, programmable thermostats with the ENERGY STAR rating can save homeowners about \$100 per year by allowing the user to program lower temperature settings while they are away or sleeping. ENERGY STAR qualified furnaces have fuel-use efficiency ratings of 90 percent or higher per year, which makes them approximately 15 percent more efficient than standard models.

ENERGY STAR labeled appliances, such as refrigerators, computers and washing machines, also use anywhere from 20 to 50 percent less energy when they're operating or in standby mode, which reduces costly "phantom" energy use and saves the owner money for utility costs.

While energy-efficient major appliance

purchases can take a significant bite out of utility bills, there are also cheaper, personal energy-conservation measures and purchases that can significantly reduce utility costs:

During the holiday season, buy lighting decorations that have the ENERGY STAR label or use light-emitting diodes instead of incandescent bulbs. These products are more energy efficient.

- Close windows and doors while the heat is on and shut heating vents in unoccupied rooms. Check and replace caulking around windows and doors.
- Keep barracks, office temperatures and home temperatures at 65 to 68 degrees when occupied and set temperatures in unoccupied buildings to 55 degrees. Dressing for the weather reduces the need to increase thermostat settings.
- The temperature in maintenance bays, shops and hangars should be no higher than 55 degrees. Keep bay doors closed until a vehicle is ready to enter. Immediately close doors after the vehicle has entered. Reheating the large quantities of air in a bay area wastes money and energy.
- Ensure all sun-exposed windows are used for energy gain. Keep blinds/drapes open during cold days to bring in natural heat from sunlight.
- Take advantage of fluorescent lighting for homes or offices. A 40-watt fluorescent light produces more than twice the light of a 100-watt incandescent bulb, lasts



longer and uses 60 percent less energy. Compact fluorescent light bulbs generate the same amount of light as incandescent light bulbs, but use only 25 percent of the electricity. The fluorescent bulbs cost more than incandescent bulbs; however, because they last 10 times as long and use significantly less electricity, money is saved in the long run.

- If there is an air leak or an unexpected draft, have repairs done to get the problem resolved. Facilities improperly maintained can waste thousands of dollars in heating and cooling costs.

For more information about the ENERGY STAR program, logon to <http://www.energystar.gov/>. For more information about energy conservation opportunities on Fort Carson, call the Directorate of Environmental Compliance and Management Pollution Prevention and Energy Conservation Program Coordinator at 526-1739.

POST TALK: What do you do to conserve energy at work or at home?



"At work, I turn off lights or any electrical devices I'm not using when I leave the room."

Pvt. Lauren Arms
743rd Military
Intelligence Battalion



"Every night when we're at Gate 5, we change the thermostat to 60 degrees. If we don't need it, we don't use it."

Andrew Kinney
Security officer



"I cut off the light and the TV when I leave the room."

Chris Dunn
Family member

MOUNTAINEER

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NEWS

Army to test GM's fuel cell vehicle

Army News Service

FORT BELVOIR, Va.— The Army has become the first of General Motors' customers to receive the corporation's latest in fuel cell technology.

Larry Burns, GM's vice president of research, development and strategic planning, relinquished the keys to a 2006 Chevrolet Equinox fuel cell prototype to Maj. Gen. Roger A. Nadeau, commander of the Army's Research, Development and Engineering Command, in a Capitol Hill ceremony Sept. 21.

"I'm absolutely delighted as a Soldier to stand here today and accept these keys from General Motors – to get ready to take this piece of equipment through its paces in a shared way with private industry, and to do it faster and cheaper," Nadeau said.

As part of Project Driveway, GM will test more than 100 Chevrolet Equinox fuel cell vehicles, pictured right, through consumers in three key regions: California, Washington, D.C., and New York. The Army's fuel cell vehicle is the first one of that fleet to be built and delivered. The rest will be placed with consumers beginning in the fall of 2007.

The keys "are more than the keys to a vehicle – they are literally the keys to a brighter future for the United States," said Sen. Carl Levin, a Senate Armed Services Committee member and longtime alternative fuel technology advocate.

The Chevy sports utility vehicle looks like most

gasoline versions in its class, but sounds more like a small jet engine as it revs up, producing exhaust that is cool to the touch with water dripping from the tailpipe as a by-product.

Weighing about 4,731 pounds, the Equinox fuel cell prototype can reach speeds of 100 mph running on compressed hydrogen.

"This vehicle is an enhancement to the performance of the previous vehicle," said Daniel O'Connell, director of GM's fuel cell fleet and services. "This particular unit has a single fuel cell power module, which gives us a significantly greater amount of power (compared to the dual-fuel-cell-powered Chevy GMT800 pick-up truck delivered to the Army for testing in April 2005)."

The next generation fuel cell vehicle will not be used for combat, but rather in a transportation capacity on military installations.

"The ability to use hydrogen fuel, for the moment confined to the nontactical fleet, will allow us to find out things we don't know and validate things we do know, and get ready for the next advancement in this technology," Nadeau said.

Army researchers will put the vehicle through a battery of tests under myriad conditions, then share the results with GM researchers.

"The ability to do this research in a cooperative way with private industry allows both to advance technology faster and cheaper than either one of us



Courtesy photo

could have done individually," Nadeau said.

As with other hydrogen fuel cell vehicles, the Army will train workers on operating and maintaining the Equinox, which will be used strictly for administrative purposes.

"We will learn from driving this thing into the ground – put it through the paces, figure out what it can do and what it can't do, and figure out what we need to do to make it do better," Nadeau said.

"The Army is a great opportunity for us to get some advance learning ... to put our fuel activities at various bases and for a lot of them to learn how to handle hydrogen, evaluate how to handle hydrogen, refuel the vehicle and give that experience, so it's a great opportunity for both of us to get some real-world learning in the military's application of the technology," added O'Connell.

President's counterterrorism adviser updates symposium guests

by Chief Petty Officer
Susan Hammond

*U.S. Northern Command
Public Affairs*

The “new culture of preparedness” was a theme as Frances Fargo Townsend, assistant to the president for homeland security and counterterrorism, addressed the 2006 Homeland Defense Symposium Oct. 4.

Townsend’s address was titled, “The State of Homeland Security and Counterterrorism Five Years after Sept. 11.” The symposium was sponsored by the Homeland Defense Foundation and supported by U.S. Northern Command.

The mission of homeland security, Townsend said, is protecting the American people, and “the greatest threat to our homeland security is a terrorist attack.”

During her address and the question-and-answer session that

followed, Townsend referred repeatedly to creating a culture of preparedness, which is defined as one of the priorities in the report, “Federal Response to Hurricane Katrina: Lessons Learned,” released in February.

Townsend outlined the president’s priorities in counterterrorism, the primary being preventing attacks. She discussed transformational institutions and tools being used, sharing information, and the importance of involving government, military and private sector communities at every level: federal, state and local.

Townsend was asked if the nation was winning the Global War on Terrorism and what was the end state that would indicate victory. She described the end state as the time when nations would not use violence as a means to achieve political ends.

“Are we winning?” Townsend said.

“The president said we are safer but we are not yet safe. We are winning to the extent that al-Qaida, as it existed on Sept. 11, no longer exists. It is not the same organization.” She said the enemy is degraded, but not defeated.

“As you attack a known command structure, it fractures like glass,” Townsend said. “When a pane of glass shatters, you have many more small, weaker pieces. It becomes more of a challenge.”

Townsend responded to a question about interagency cooperation by relating an example from recent operations involving the disruption of a plot in the United Kingdom to simultaneously blow up planes bound for the United States.

“It’s probably the best example that I can give you to gauge how far we’ve come,” she said. “I saw the FBI, the CIA and the Department of Homeland

Security come together with one cause, one fight, and that was to be effective — to make sure not one plane blew up. This was all about mission and it was heartening in a way you see routinely among the United States military.”

“As a result, we made smart decisions, and also maintained our ability to follow up on lead information after arrests,” Townsend said. “It really was extraordinary.”

Following her address, Townsend said she was happy to be in Colorado for the symposium.

“It’s an opportunity for the private industry, government and military to talk about ... how we’re going to go forward,” she said. “Day-to-day we’re working on winning the war on terror, and we don’t have an opportunity to step back and have a substantive exchange. The (Homeland Defense) Foundation has provided us with that forum.”

MILITARY

Soldiers deliver supplies to schoolchildren

Story and photo by
Sgt. Zach Mott

*3rd Heavy Brigade Combat Team,
4th Infantry Division
Public Affairs Office*

HAMRIN, Iraq — For many Iraqis, the only face of the Iraqi Security Forces they see is the one entering their house looking for suspected insurgents.

To help children see a more human side of those responsible for protecting their country, soldiers from the 3rd Brigade, 5th Iraqi army division visited two schools in this lakeside village in northern Diyala Province to hand out school supplies and talk to the children about the importance of staying in school.

They're the ones who are going to be leading Iraq's future tomorrow, said Col. Yas, the 3rd Brigade, 5th IAD, G-5, through an interpreter during a visit to a Hamrin secondary school. The children should side with the Iraqi army and the Iraqi police and not side with the terrorists.

Some children were shy, others whimpered at the sight of the soldiers,

still others were eager to talk and mingle with the troops. But, as soon as the school supplies were brought into the room, each child smiled and anxiously awaited his turn to receive his treasure — a few pencils, a sharpener, an eraser, a ruler and a pair of scissors.

"A lot of the towns see the Iraqi army out and about, but they see them doing kinetic type operations," said Staff Sgt. Eric Viburs, a team chief with Tactical Psychological Operations Team 15-32nd, attached to 310th Psychological Operations Company. "They see them doing cordon and searches; they see them doing (traffic control points) and searching cars. I think it's important for the kids to see the softer side of the Iraqi army. They live amongst them. They serve the Iraqi people. I think it's important for the kids to see that."

Soldiers from the 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, 4th Infantry Division joined the Iraqi Army patrol as well and mingled with the younger Iraqi citizens. The Soldiers handed out soccer balls to each school.



Staff Sergeants Douhnn Gbehan and Mark Aldaco, both from Comanche Troop, 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, 4th Infantry Division, are entertained by Iraqi schoolchildren during a visit to Hamrin. The Soldiers joined their Iraqi army counterparts to hand out school supplies to two Hamrin schools Oct. 4.

Military briefs

Miscellaneous

Casualty training — The casualty section will conduct the Taking Care of Families training course Oct. 17-20 from 8:30 a.m.-4:30 p.m. in building 1117, room 302B. This course is mandatory for casualty assistance officers and casualty notification officers and required for duties sergeant first class and above. Seating is limited to 30 participants on a first-come, first-served basis. Call 526-5613/5614 or e-mail casualty.g1@carson.army.mil for more information.

Ethics training — The Office of the Staff Judge Advocate will conduct annual ethics training courses at McMahon Theater on the following dates:

- Nov. 2 at 9 and 10:30 a.m.
- Nov. 3 at 1:30 p.m.
- Nov. 6 at 9:30 a.m.
- Nov. 7 at 1:30 p.m.
- Nov. 8 at 9:30 a.m.

This training is mandatory for all Department of the Army civilians and military personnel must be completed by Dec. 31. Attendance in one session is required and units containing more than 100 people can arrange to have their own training session conducted. Contact Lorraine Sirois at 526-0538 or lorraine.sirois@carson.army.mil for more information.

Finance in- and out-processing — The in- and out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: Separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

ACAP relocation — The Army Career and Alumni Program Center has moved to building 1117, room 114. Soldiers should use the southwest entrance. Hours of operation are 7:30 a.m.-4 p.m.

Veterans Administration relocation — The VA is now located in building 6220 on the first floor.

Harmony in Motion auditions — Harmony in Motion will hold auditions for sopranos, altos, tenors and basses. Auditions will be held daily at the Freedom Performing Arts Center, building 1129, from 9 a.m.-noon and 1-4 p.m. Visit the Web site at www.carson.army.mil/harmony for more information.

Casualty and Mortuary Affairs offices move — Fort Carson's Casualty and Mortuary Affairs offices have moved to building 1218, rooms 164, 165 and 168. Telephone numbers remain the same.

TSP Pilot — Let the Thrift Savings Plan Pilot take the guesswork out of your TSP fund choice decisions (including the new L funds).

TSP Pilot's investment analysts give you optimized fund balance allocations you can plug into your TSP account Web site to maximize returns. A free issue is available.

Please allow a few moments for the page to fully load: <http://TSP-pilot.com>.

Environmental Health training — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on hot and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

DPW services — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

The Central Issue Facility has changed its operating hours. The CIF is no longer open to Soldiers on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

In-processing

Monday-Thursday from 7:30-10:30 a.m.

Initial issues

Monday-Thursday from 12:30-3 p.m.

Partial issues

Monday-Thursday from 12:30-3 p.m.

Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

Direct exchange

Monday-Thursday from 12:30-3 p.m.

Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

• **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

Military Occupational Specialty Library — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-

5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — will be held Wednesday at building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.


ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to building 1117, room 114. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.



"Better Opportunities for Single Soldiers"

BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30-3:30 p.m. For information, call 524-BOSS.

Muqdadiya city council works to improve life for its citizens

Story and photo by Sgt. Zach Mott

*3rd Heavy Brigade Combat Team,
4th Infantry Division Public Affairs Office*

MUQDADIYA, Iraq — A functioning city government can mean the difference between a flourishing economy and a city covered in trash and backed up sewage lines.

To counter the latter, the Muqdadiya city council meets regularly to discuss all things related to city governance in hopes of achieving a thriving economy where commerce flows as freely as the sewage lines.

Capt. Michael Emons, a civil affairs team leader assigned to Company B, 404th Civil Affairs Battalion, routinely attends these meetings to ensure

the Muqdadiya government is functioning and projects are progressing.

Recently, the 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, Task Force Lightning, to which Emons' 404th CA Bn. company is attached, as well as its Iraqi Army counterparts from 3rd Brigade, 5th Iraqi army division, conducted an operation to clear the Muqdadiya market of terrorists.

"A project like that tells the people, that security is on their mind first and foremost," Emons said. "So when we do something to block it to allow the people to roam freely, it makes them comfortable and it trickles down through the economy."

While there has been a boost to the economy generated in the city's heart, it still bears the scars of

being at the front lines of numerous terrorist attacks.

"The people of Muqdadiya want it cleaned, painted, freshened up," Emons said. "Security has improved (in that area). The IA and (Iraqi police) are working together with coalition (forces)."

"Today's meeting discussed how to revitalize the city market. The council members agreed that the project needs to be given top priority in order to properly serve those whom they represent. The particulars still need to be ironed out, but the Muqdadiya city council agreed to begin the project as soon as possible by thoroughly cleaning the area and painting the curbs and buildings.

"What we talked about today was putting signs up saying that the city council did the project and it allows the people to see that they have a government (that is working for them)," Emons said.



Capt. Michael Emons, team leader, Company B, 404th Civil Affairs Battalion attached to 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, 4th Infantry Division, left, talks to the Muqdadiya city council members through an interpreter during a meeting to discuss ways to improve life within the city. Emons routinely attends meetings to ensure progress is being made on much-needed projects in the region as well as to facilitate help from coalition forces.

Iraqi forces man traffic control points

Story and photo by Staff Sgt. Samantha M. Stryker

5th Mobile Public Affairs Detachment

KHAN BANI SA'AD, Iraq — Members of Iraqi army and police forces manned traffic control points



An Iraqi army soldier controls the flow of traffic at a flash traffic control point along Highway 5, south of Baqubah, Iraq, Sept. 26. Iraqi army and police personnel took over responsibility for the checkpoints after being trained by coalition forces.

along two busy highways just south of Baqubah, Sept. 26, in their continuing efforts to take the lead in providing security and stability for their country.

Members of Company D, 1-68 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, provided a helping hand to members of the Iraqi Army's 5th Division and local police forces in setting up and manning traffic control points in an effort to deter insurgent activity in Diyala Province.

Along Highway 5, Company D assisted the IA with setting up a checkpoint. Later that same morning, the same Soldiers assisted Iraqi policemen with a checkpoint along Highway 2.

"We went ahead and got it started for them and let them see what right looks like and then we sort of stepped back and let them take it, so they can get more experience," said 1st Sgt. Tommy Hunt, company first sergeant.

Hunt said the checkpoints were the culmination of the U.S. Army's efforts to train IA and IP forces in security and stability operations.

The Iraqis set up the checkpoint along highways known for their use by insurgents as main routes for trafficking weapons and materials used to construct improvised explosive devices into Baghdad.

Iraqi army Lt. Sadaim took little time setting up his men along the checkpoint and directing traffic as their U.S. counterparts guarded the perimeter. Even the livestock that occasionally crossed the road did little to slow the rhythm set by IA personnel.

Just beyond the security perimeter set by U.S. forces, two consecutive explosions were heard. The Iraqi soldiers showed no fear as they continued to search and question motorists on the road. Within minutes, a local citizen explained that the explosions were caused by a local farmer using explosives before drilling a well.

As vehicles were searched, IA soldiers gathered information from passing motorists about insurgent activity in the area.

Sadaim smiled as he spoke through a translator. He said that those passing through his checkpoint were his brothers and his friends and that they would not hurt him. They would tell him if they knew someone was planning something today, he said.

Later that morning, members of Company D headed east to the township of Al Jaddah, along Highway 2, to assist the Iraqi police with similar operations at a checkpoint across the road from the police station.

At both checkpoints, U.S. Army

engineers assisted the Iraqi forces in searching larger trucks and their payloads. Hunt said the engineer assets were used because materials used to construct improvised explosive devices have been found in the larger trucks at other checkpoints in the region.

Along with searching tractor-trailers, Iraqi forces at both checkpoints searched vehicles carrying cargo, such as carpets, fabrics and agricultural supplies. Tankers were also eyed by authorities before being allowed to continue down the road.

Hunt said the checkpoints are designed to stop or slow down the insurgents' ability to transfer bomb making material to areas where Iraqi and coalition forces travel and keep insurgents from planting roadside bombs. He also said they deter attacks against coalition forces by reducing the number of insurgents entering the area.

Despite the long hours and the tedious task of searching hundreds of vehicles and several horse-drawn carts, Iraqi forces remained on point, according to Hunt.

"They can fight the insurgency and restore peace and order to Iraq, which was the end-state all along for this fight, and that is why it's important for them to take over as the forefront and we can eventually go home," Hunt said.



Photos by Rebecca E. Tonn

Serving his country

Above: A memorial service was held for Pfc. Nicholas A. Madaras, 1-68 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division on Oct. 4, at Soldiers' Memorial Chapel. Retired 1st Sgt. Ernie Mazurkiewicz played taps, after an honor guard paid tribute with a rifle salute.

Left: Madaras' boots, Kevlar helmet, identification tags and weapon are on display at the chapel. Madaras was assigned to the battalion commander's personal security detail and served as the platoon sergeant's driver. He was killed Sept. 3 in Iraq. Madaras had numerous awards and decorations, including a Bronze Star Medal and a Purple Heart. Madaras is survived by his parents, William and Shalini, his sister Marie, and his brother Christopher.

Amputees, therapists go for the gold

by Doug Rule

Fort Carson Public Affairs Office

More than 24,000 runners took the Washington, D.C., streets Sunday with the Army Ten-Miler. Among those runners were military amputees and their therapists.

Disabled may not be a good word when talking about these 18 servicemembers. They call their team Missing Parts in Action, but they don't let those missing parts stop them, whether it's running this 10-mile course or continuing to serve their country.



Photo by Pat Griffith, AUSA

The Missing Parts in Action teams take off from the starting line at the 2006 Army Ten-Miler race in Washington on Sunday.

The team captain is Maj. David Rozelle, formerly of Fort Carson and the 3rd Armored Cavalry Regiment. Rozelle lost part of his right leg while commanding Troop K of the 3rd ACR in Iraq in June 2003. He came back, was fitted with a high-tech artificial foot and became the first amputee in recent history to be certified to return to combat. Currently, he is serving at Walter Reed Army Medical Center in Washington.

"This is my third year to be part of the Missing Parts in Action team. I began the program three years ago with a few guys to remind the Army we hadn't given up," said Rozelle. "Running the Army Ten-Miler as an amputee is a living symbol of the Warrior Ethos, 'I will never quit,' and as a team, we display the most important Warrior Ethos, 'I will never leave a fallen comrade behind.'"

The newest member of the team is Spc. James Stuck. On Dec. 20, 2005, when Stuck was

with the 101st Airborne Division in Kirkuk, Iraq, he was driving an up-armored Humvee down a road filled with craters when his vehicle struck an improvised explosive device. He credits still being alive to the extra armor. As testament to his will to recover, he worked diligently with his prosthetic leg and accompanied fellow amputees to a ski trip in Vail in March. Not having skied before, he learned to hit the slopes, and not only the bunny slopes, in just a couple of days. Six months later he is taking on the Ten-Miler.

The 16 other amputees all have equally inspiring stories, having overcome what would be to many impossible odds. The three teams finished seventh, eighth and 15th in their respective categories. One amputee, Domingo Soto Santana, finished with a time of 1:14:40, finishing 1,567 overall.

Editors note: October is Disability Awareness Month and the *Mountaineer* will be highlighting several Fort Carson employees later this month.

COMMUNITY

Take a stand against domestic violence

by Michael J. Pach

Mountaineer staff

October is Domestic Violence Awareness Month and the Department of Defense has launched a national campaign designed to educate service-members and their families about violence prevention and the resources available to them. The DOD has partnered with the Family Violence Prevention Fund in this campaign and has adopted a theme of "Take a Stand ... Prevent Domestic Violence ... Help Stop it Before it Starts."

Army Community Service posted campaign banners at gates 1, 3, 4, 5 and 20 to get people's attention, but they are doing much more in the fight against domestic violence.

ACS gets involved with Soldiers from the first day they step on post. As part of their in-processing, Soldiers receive training on domestic violence with the Family Violence Awareness briefing. This training is an annual requirement and a reminder for single and married Soldiers of how to prevent domestic violence during stressful times. Training is also provided during stressful times like predeployment and redeployment since studies have shown instances of abuse to be higher during these situations.

"I think Fort Carson has a really good program," said family advocacy training instructor, Darryl Thomas. "All of the troops have had the training, and we are doing a great job putting out the word."

Domestic violence is defined as a behavioral pattern used to gain or maintain control of an intimate partner in a relationship. An intimate partner could be a spouse or a girlfriend or boyfriend, and the abuse toward one can come in the form of physical,

emotional, sexual, economic, or psychological actions or threats. Domestic violence can occur with people of any age, race, gender, sexual orientation, religion, socioeconomic or educational level, or to couples who are married, dating or living together.

Ninety percent of reported domestic violence cases in this country involve violence toward women with 7-10 percent involving violence aimed at men. Men are less likely to report violence against themselves, while women are more likely to feel their lives are in danger when they are victims of abuse.

Although national statistics do not show a correlation between the number of cases of domestic violence and military installations, there is a higher rate of instances among people ages 18-25. Since a large percentage of military personnel fall into this age range and service members are faced with the added stressors of financial problems, deployments and combat duty, there is reason for concern.

"There are times that marriage can be challenging in the best of circumstances. When we have the additional challenges of being in a war-time situation, that can increase the risk of domestic violence," said ACS Soldier and Family Readiness program manager, Jeanne Koss.

Statistics also show that the number of domestic violence cases at Fort Carson is slightly lower than the average on all Army bases, but Koss stresses the need to make everyone aware of this issue.

"Research showed one of the most effective ways to prevent domestic violence is to approach all men. When people do nothing, they are part of the conspiracy of silence. Take a stand. If this victim was your sister or mother



or friend, would you want this to happen?" said Koss. "Good men set the example for their subordinates. Leaders take a stand and let others know it's not OK."

Part of the Fort Carson campaign against domestic violence includes the signing of a pledge of nonviolence developed by a group called "Men Against Violence and Abuse." Local community leaders and installation commanders will sign the pledge which states, "I believe that peace and respect must exist within myself and it is then my personal responsibility to help create a community safe from abuse and oppression."

What should you do if you're a victim of or a witness to domestic violence?

ACS wants everyone on post to know that there is support for both Soldiers and civilians. First of all, if you find yourself in an emergency situation, call 911. ACS also has two victim advocates that are on call 24 hours a

day, seven days a week that can be reached by calling the ACS office at 526-4590 or their pager at 577-3171.

ACS will bring both parties together with Social Work Services, legal and medical representatives and a family life chaplain in order to determine if there is a case and to recommend treatment. Family advocates will assist the victim in developing a safety plan, help the victim understand what his or her rights are and support the victim in court.

Help can also be found by calling the National Domestic Violence Hotline at (800) 799-7233 or (800) 787-3224 (TTY) or by visiting the NDVH Web site at www.ndvh.org. The Web site contains a lot of useful information, but ACS encourages victims living on or off post to contact them directly since they can provide immediate assistance and because the consequences of domestic violence cases are different when dealt with by the Army than by outside agencies.

Am I being abused?

Does your partner:

- Embarrass you with put downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to or where you go?
- Stop you from seeing your friends or family members?
- Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, it's your fault or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you, choke you or hit you?
- Force you to try to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you answered 'yes' to even one of these questions, you may be in an abusive relationship.

Am I abusing my partner?

Abuse is:

- Calling bad names or putting someone down
- Shouting and cursing
- Hitting, slapping and/or pushing
- Making threats of any kind
- Jealousy and suspicion
- Keeping someone away from family and friends
- Throwing things around the house

Source:

National Domestic Violence Hotline

Web site:

www.ndvh.com

Community briefs

Miscellaneous

Fort Carson Fire Department open house — is tomorrow, from 11 a.m.-3:30 p.m., at the main fire station, building 1805. Family fun for all ages includes: antique fire truck rides, a vehicle extrication demonstration, Flight for Life helicopter, bouncy slide and climbing wall. Refreshments will be served.

Directorate of Environmental Compliance and Management — Building 6287, near Prussman and Mekong, is being dismantled and demolished and will continue until Dec. 31. Please, stay out of the area and do not park within 100 feet of the building. Contact Eldon Granger at 526-1687 for further information.

Child and Youth Services, Caring Saturdays — Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058. Families must bring a copy of their sponsor's deployment orders and their child's up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.

Retiree Appreciation Day — The event will be in the Special Events Center Oct. 21, from 8 a.m.-noon. Several information stations will address items of concern for retirees, including allotment changes, wills, powers of attorney, TRI-CARE, blood pressure checks and other medical issues. Flu shots will be offered, as will Department of Defense decals. Passenger vans will shuttle participants to get new identification cards and to Wolf Dining Hall for lunch. For more information call Leona Abdullah-Allen at 526-2840.

Special Education Advisory Council — Parents, community members and school staff are invited to attend the Fountain-Fort Carson School District Eight SEAC meeting on Thursday, from 8:30-10:30 a.m., at Mesa Elementary School, 400 Camino del Rey, in Fountain. For more information and to RSVP, contact Peter Babeu at 382-1569 or pbabeu@ffc8.org.

Hallelujah Fun Night — Fun, food and frolic at the Fort Carson Youth Center, building 5950, Oct. 29, 5-7 p.m. For children ages 2-92. No scary costumes, please. Donations of candy can be taken to Soldiers' Memorial Chapel. Eighty-five volunteers are still needed to assist with games. Sponsored by Soldiers' Memorial Chapel and Protestant Women of the Chapel. Call 393-2491 or e-mail simsent02@hotmail.com for more information.

Thrift Savings Plan maximum contributions — The Internal Revenue Service's 2006 annual TSP limit is \$15,000. Check your TSP year-to-date contributions under the "Deductions" section of your Leave and Earnings Statement. The TSP Fact Sheet, "Annual Limits on Elective Deferrals," describes the limits in detail and how they affect TSP contributions for Federal Employees Retirement System employees. Go to www.tsp.gov/forms/oc91-13w.pdf or www.abc.army.mil or call Army Benefits Center, toll free at (877) 276-9287 for further information. Numbers for overseas or hearing impaired customers can be found at www.abc.army.mil/Information/ABCGeneral/Information/ABCMenu.htm.

RecruitMilitary Career Fair — A free hiring event for veterans and personnel who are transitioning from active duty, Reserves, Guard and military spouses will be held at Wings Over the Rockies Air & Space Museum in Denver, Oct. 26, 11 a.m.-3 p.m. For more information or to register as a job-seeker, visit www.RecruitMilitary.com.

Adoption Fair — The Adoption Fair will be

held Nov. 14 at Armed Services YMCA, 2190 Jet Wing Drive, from 9 a.m.-1 p.m. Topics will include: local and infant open adoption, foster adoption, interstate adoptions, international adoptions services, financial/military information, adoptive parent forum. For more information and to sign up by Nov. 9, call: Peterson Air Force Base at 556-6141, Schriever Air Force Base at 567-9380, United States Air Force Academy at 333-3444 or Fort Carson's Army Community Service at 526-4590.

November is Military Family Month — Celebrate Families First with a free Thanksgiving meal, a children's magic show and door prizes, Nov. 17, from 5:30-8:30 p.m., at the Armed Services YMCA, 2190 Jet Wing Drive. Space is limited. For reservations call 622-9622.

Evans Army Community Hospital — The correspondence division of the Patient Administration Department will be closing Thursdays from noon to 6 p.m., starting Thursday. Release of information requests will not be taken during this time. This will create faster turn-around time for copies of records.

Family Loss Memorial Service — If you have suffered personal loss, extended family loss, infant loss or a miscarriage, this memorial service is designed for you. Please, join us at Healers Chapel, Evans Army Community Hospital, Oct. 19 at 11 a.m.

Pikes Peak Region Peace Officers' Memorial — Donations are needed to build a memorial in America the Beautiful Park to honor local police officers who have made, and who will make, the ultimate sacrifice. This includes Department of the Army Police and Military Police, from Fort Carson. For more information call 524-4411/4413/4415 or 526-2053.

Fort Carson community blood drive — is Thursday, from 10 a.m.-3 p.m. at the Elkhorn Conference Center. For more information or to schedule an appointment, contact the Bonfils Appointment Center at (800) 750-4482, ext. 1.

Career fair — The Employment Readiness Program hosts a career fair Oct. 27 from 11 a.m.-2:30 p.m. at the Special Events Center, building 1829. This event will focus on assisting military spouses, family members, transitioning service members, National Guard, Reservists and retirees in finding employment. Bring a resume. Contact Army Community Service at 526-4590 for more information.

Make a Difference Day — Fort Carson will participate in Make a Difference Day Oct. 28 from 8 a.m.-4 p.m. with general beautification of the three reservoirs on Fort Carson. To register visit www.volunteerpikespeak.org/volunteer/news/make-a-difference or contact Army Community Service at 526-4590 for more information.

Switch from air-conditioning to heating — Fort Carson Support Services began the seasonal transition from cooling to heating Oct. 2. Tentative transition schedule is subject to change as weather dictates. In progress through Tuesday — living quarters and all buildings located in the following blocks: 800, 900, 1000, 1100, 1200, 1300, 1400, 1500, 1600, 1800, 1900, 2000, 2100, 2200, 2300, 2400, 2500, 2600 and 9000. Wednesday-Oct. 26 — warehouses, motor pools and all remaining buildings. For more information contact FCSS at 526-5345 or Terry Hagen at 526-9262.

Toddler Time — Army Community Service's New Parent Support Program is sponsoring Toddler Time which includes games, crafts, songs and stories for ages 18 months-3 years on Thursdays from 10-11 a.m. until Nov. 16 at Family University, building 1161. Call 526-4590 to register between 8 a.m.-3:30 p.m. or leave a message at 526-6440.

ARMY COMMUNITY SERVICE
ACS
Positive Solutions for Successful Army Units

Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

Sign Language Interpreters

Do you know how to sign?

Would you like to assist families by making a difference in their lives?

If so, the Army Community Service (ACS) Exceptional Family Member Program (EFMP) needs you. The EFMP is looking for interested Sign Language Interpreters to volunteer by assisting with various services and events. Help us make a difference.

For more information, call (719) 526-4590 or stop by and visit the Family Readiness Center, Building 1526.



Ongoing road closures — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

Sustainability conference — Fort Carson's fifth annual Community Sustainability Conference and Exposition will be held Nov. 8-9. The topic is "Gaining Irreversible Momentum for Regional Sustainability." An ice breaker will be held Nov. 8, and the conference will be held Nov. 9. Visit the Web site at <http://sems.carson.army.mil>. Register for the conference on the Web site.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, building 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Claims against the estate — Those with claims of indebtedness to the estate of Sgt. James Worster, deceased, should contact Capt. Rainier Gonzales at 526-6575.

•Those with claims of indebtedness to the estate of Col. Barton K. George, deceased, should contact Maj. Tracey M. Wilson at 526-7304.

Wolf it down

New 'Wolf Express' opens Monday

By Nel Lampe

Mountaineer staff

Soldiers looking for a quick lunch or breakfast "to go" can get it on post. No need to make a trip off post to one of the fast food establishments to grab a favorite biscuit or croissant breakfast sandwich or a spicy chicken sandwich, wrap or salad – just stop at the Wolf Express starting Monday.

Wolf Express will be open from 7-9 a.m. serving a breakfast menu and from 11:30 a.m.-1 p.m. for lunch takeout, Monday through Friday.



Sgt James Roden of 4th Engineer Battalion gets ready to pay for his "grab and go" Oct. 5 at Wolf Dining Hall. Sgt. John Huston, 183rd Maintenance Company, is at left.

Although Wolf Dining Hall was built with a takeout section in mind, formerly called the "Grab and Go," the Wolf Express takes over that space beginning Monday.

The Grab and Go is closed until Monday as Staff Sgt. Steve Szakal and the staff get ready to launch Wolf Express.

"This concept is to have a Soldier come here instead of going to fast food places," Szakal said. It'll be faster, the food will be "built to order" and Soldiers can charge the meal to their meal card.

As Szakal explained, the food will be pre-prepped. Soldiers will make a selection from the posted menu, pay the cashier or charge it to their meal card and get a receipt. A copy of the receipt goes at the same time to the cooks, who prepare the order, bag it, and get it to the customer.

"We're looking to improve our menu — offer a variety of items as an option to going off post," Szakal said. Many of the items at Wolf Express are similar to Soldiers' favorite fast food items.

Healthier items will be offered at Wolf Express for those Soldiers looking for healthful alternatives. For instance, a selection of melon bowls will be offered, in addition to apples, bananas and oranges.

Scramblers (scrambled eggs) can be ordered with sausage or bacon, vegetables, potatoes and cheese – or skip the potatoes, cheese and meat for a healthier breakfast.

"Diners can order a scrambler made with egg whites, veggies and potatoes," Szakal said. The potatoes will be steamed until tender and finished off on the grill, for a healthier alternative to standard fried hash-browns.

The lunch meal at Wolf Express includes some new items with a healthier take, such as a grilled chicken club sandwich, a turkey, ham or roast beef sandwich and wraps. The Italian meatball sub isn't fried, and the gyro with cucumber sauce may be a healthier choice than a double Wolf cheeseburger or the spicy chicken sandwich. The chicken cheese steak is a little healthier than the Philly cheese steak.

And if a diner wants the standard cheeseburger with onion rings or fries, that's available, too.

Drinks available include Coca-Cola products, cappuccino, coffee, juice, regular milk, chocolate milk and water.

Szakal said he is working with nutritionists and that calorie content cards will be posted, listing fat grams and calorie counts on takeout items.

Soldiers pressed for time, on their way to an appointment or wanting to watch TV, shop or goof off during their lunch break can save time by stopping by Wolf Express. Civilians employed on post and family members are also welcome.

Meet the mayors



Melissa Horn, left, was a deputy mayor and is the newly-elected mayor. "We are sharing our fall party (Saturday) at the Kit Carson Center with Apache (village). We expect to have lots of fun. (As for the future), I hope for a lot of unity and open-mindedness among the residents," she said. Horn can be reached at 302-6085 or ScottnMel8@msn.com.

Leticia Jones, right, is newly appointed as deputy mayor. "I'm trying to learn as much as I can before she (Melissa Horn) goes to Germany for three years. I just want the neighbors to get to know each other and help each other out," she said. Jones can be reached at 302-5828 or AlfandTish@aol.com.



Vanessa Ferguson, right, is a re-elected mayor. "Last spring, we had a safety party. (Saturday) we're having a costume Halloween party, from 12 to 3 p.m. (We'll have) a pie eating contest, costume contest, hot dog eating contest and a pumpkin carving contest," she said. Ferguson can be reached at 499-0801 or VanessaFerguson1@msn.com.

Melissa Frank, left, is a newly appointed deputy mayor. "I look forward to getting to know the residents and helping them," she said. Frank can be reached at 963-0037 or Mellisa1101@msn.com.

Photos by Rebecca E. Tom

Energy billing questions answered

GMH Fort Carson Family Housing

Conservation of utilities continues to be an area of interest for the Department of Defense and the residents of Fort Carson Family Housing have been receiving mock utility statements from Energy Billing Systems. The Department of the Army has directed that GMH FCFH begin the actual program. All residents of on-post housing are now responsible for any excess utility use and will be eligible for rebates from GMH if they conserve energy. GMH has compiled the most frequently asked questions concerning this program.

You say we're now going to have to pay for utilities. But I can't afford another \$100 or \$150 each month! You're already taking my full Basic Allowance for Housing — why doesn't the project pay for utilities?

Actually, you have been paying for utilities for the past few years. It is in your BAH. Your rent has been established as the same amount as your BAH. BAH includes a utilities component so normal utility use is covered.

So why do I have to get a bill? If I'm already paying GMH for rent and utilities, why don't they just pay the utilities?

The Army, just like millions of citizens and thousands of other organizations, is concerned about conserving natural resources. The Army decided the best way to get housing residents aware of their utility use as well as to give them financial incentives to save energy, is to provide them statements showing how much or how little energy they used.

You haven't metered my home yet. How can you bill me for utilities?

Every home on Fort Carson is metered. We use modern digital meters that directly read your consumption and report over a phone line.

OK, part of the BAH I send to GMH every month is going to go for utilities, but I'm responsible, too. How is that going to work?

The Army and GMH have been collecting data on utility use by families living in our homes on post for at least three years. We will use this history to calculate a baseline — an average utility consumption — for every kind of house on post. Part of your rent actually goes to pay that baseline. If you use less, then you'll get a refund. If you use more than the baseline, you will have to pay the difference.

There are five items that determine your baseline. They are: 1. size of home in square feet; 2. number of stories; 3. type of construction; 4. foundation type, such as a basement, slab on grade or crawl space; and 5. if you are in a multi-unit building, whether you are in an end or an internal unit. We have 52 different baselines on Fort Carson.

How is this payment or refund going to work?

We are instituting a 5 percent buffer. If you're within 5 percent of the baseline, you will owe nothing. Also, if your use is small, utilities will be

reconciled when the balance reaches \$15. If your use goes up and down within that \$15 buffer, it may be months before you either get a refund or need to make a payment.

I heard utility costs are going up a lot this winter. How will that affect the program?

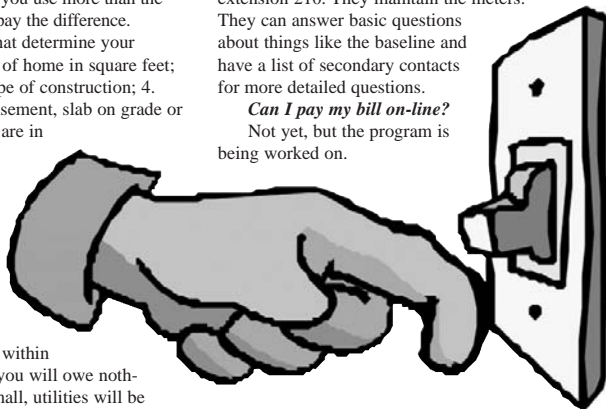
There's good news for you there. Your baseline is based on how much electricity and gas you used, not how much it cost. We always multiply that use times the current rate, so if the rates go up, your baseline will go up, too.

I don't think my bill is right. What do I do?

If you think the meter readings are wrong, contact the phone number on your bill, 632-9100, extension 210. They maintain the meters. They can answer basic questions about things like the baseline and have a list of secondary contacts for more detailed questions.

Can I pay my bill on-line?

Not yet, but the program is being worked on.



Helpful hints for home-alone spouses

by **Lorrie Pies**

Army Chaplain Spouse

Counting down the days to deployment? Soon many hardworking spouses will be guarding hearth and home while the Soldier deploys. Although, the Soldier is deployed overseas, you are deployed on the home front. This is a joint tasking and it takes careful planning to succeed. It can mean the difference between survival and triumph.

Recently, one young woman wrote, "My husband will be deployed. I am having a hard time dealing with him leaving. I just brought our baby girl into this world and he will leave when she is only 4 months old. I don't know if I can raise her on my own or if she will be able to recognize him when he comes home. Please help me understand why this is happening to our family and how I will ever make it without him by my side. I am so afraid that I won't know how to handle all of the responsibilities of running a home and caring for a newborn all on my own."

How you will cope? No doubt, some days will feel like you are heading over a waterfall. If you understand what is ahead; it might only be white

water rapids. Those rapids can be navigated well if you stay at the helm.

A few tips to help you navigate:

1. Find a support network. Ask friends or family to help. Mothers of young children can go to live with mom and dad during this time. If the relationships are close this works well. Someone to help baby-sit while you run errands is a blessing. If relationships are not the best, it probably isn't a good idea and can add more stress.
2. Join a local church or chapel to build support connections. These are opportunities to have time with other adults who often offer free child care options! A friend to pray with regularly is helpful for the soul.
3. Engage in a recreational activity once a week. Getting out of the house regularly is important. Do it during the day, if possible; going out at night may invite trouble with the wrong crowds. This is a good time to start that craft project or class you have been thinking about.
4. Exercise regularly. Walking or working out in the gym helps keep the stress levels down. Even if you have to get a baby sitter, it is well worth it.
5. Be aware of separation anxiety. This is a stressful time for children. Put up pictures of your Soldier. One

woman put daddy's picture at the dinner table and used that time to pray for daddy before they ate. Teenagers struggle, too, and can distance themselves from mom or dad. If it is tense with your teen, seek counseling. TRICARE insurance provides free counseling visits. Check with them for information.

6. Build mutual esteem and respect between you and your spouse. If both spouses esteem and respect each other, the deployment time will be better understood by the children.
7. Read "Heroes at Home: Help and Hope for America's Military Families" by Ellie Kay. Look for it in your library or a bookstore. There are insightful stories and

helpful hints for the family.

8. Get important contact numbers from the rear detachment unit for emergencies and information about the deployment. Regular phone contact with the family readiness group leader should be established. Keep in touch regularly and be informed of what's going on. Find out who the chaplain contact is so they can get you to the right person.

This can be one of the most insightful, growing times that you experience.

***"Wisdom will enter your heart,
And knowledge will be pleasant
to your soul."***

— Proverbs 2:10

Here are some useful deployment resources:

1. <http://www.militarywivesandmoms.org/>
2. <http://media1.ssiwt.com/ndptf/downloads/30DayPrayerGuide.pdf>
3. http://www.redcross.org/services/afes/0.1082.0_482_00.html
4. <http://www.hooah4health.com/deployment/familymatters/>
5. <http://www.deploymentconnections.dod.mil/>
6. <http://www.pikespeakchristian.org/military.html>
7. <http://www.navigators.org/us/ministries/military/>

Helpful marriage enrichment resources:

1. <http://www.smartmarriages.com>
2. <http://www.familylife.com>
3. <http://www.eversoldiersbattle.com/>
4. <http://www.milmin.com/index.htm>

Chapel

PWOC fall studies — Protestant Women of the Chapel meet Tuesdays from 9-11:30 a.m. at Soldiers' Memorial Chapel. Child care is provided free at the hourly day care center. Children must be registered with Child and Youth Services. Fall studies are under way and include several selections. Contact Amy West for information on child care at 393-1390. For information on PWOC call Barb Styles at 598-0422. A special room for home-schooled children is also offered.

"Wilderness Trail" Protestant Sunday School Classes take on a new theme beginning Sunday. With the theme of "Respect," classes will study Bible stories while having fun with music and games. Classes for all ages are each Sunday building 1500. This year's program is musical, energetic and fast paced. Bible classes for adults are also each Sunday. Come join in the fun.

Hallelujah fun night is Oct. 29, 5-7 p.m. at building 5950, the Youth Center, for children ages 2-92. There'll be fun, games and prizes as well as food and frolic. Eighty-five volunteers are needed to run games. Call 393-2491 or e-mail: simsent02@hotmail.com for more information. Donations of candy needed. Drop off at Soldiers' Memorial Chapel. Please, no scary costumes. This event is sponsored by Soldiers' Memorial Chapel and Protestant Women of the Chapel.

Christmas Around the World — The Protestant Sunday School will begin preparing for a special Christmas event — Christmas Around the World. Children are needed for many roles. Signups Sunday after Sunday School or service.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Fritts/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

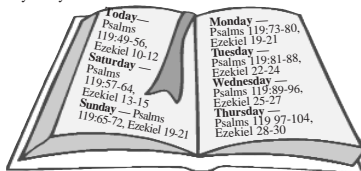
WICCA

Monday 6:30 p.m. building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177; or Zoe Goodblanket 442-0929. The next lodge is Sunday at noon.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the soldiers, noncommissioned officers, and officers of the 25th Infantry Division, Schofield Barracks, Hawaii, and forward deployed in support of Operation Iraqi Freedom.

Army: For Gen. Richard A. Cody the vice chief of staff of the Army and the military and civilian personnel who work in that office.

State: For all the soldiers and families from the state of Nebraska. Pray also for Gov.

Dave Heineman, the state legislators and local officials of the "Cornhusker State."

Nation: For the deputy assistant to the president and director, White House Military Office, Rear Admiral Mark I. Fox, U.S. Navy, in his service as the principal adviser to the White House for all military support.

Religious: For courage to stand against bigotry, racism and discrimination wherever it exists.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's website at www.usarmychaplain.com.

Fort Carson adds expo twist to 5th Annual Sustainability Conference

Directorate of Environmental Compliance and Management

Fort Carson is hosting its 5th Annual Fort Carson Community Sustainability Conference and Expo, "Gaining Irreversible Momentum for Regional Sustainability," Nov. 8 and 9, at the Phil Long Expo Center. An ice breaker on the evening of Nov. 8 will kick off this year's conference and will include a speaker, award presentations and networking.

The conference is an educational and inspirational forum to provide updates on the installation's progress toward sustainability to all stakeholders including the community, government officials,

environmental regulatory agencies, and other military services along the Front Range and Fort Carson. This annual event is held to encourage and solicit continued community involvement with Fort Carson and the regional sustainability and strategic plans.

This year, Fort Carson is focusing on the need to establish plans and programs to ensure continuous action despite high turnover. This has been a challenge to long-term planning in military, government and even corporate environments. By "Gaining Irreversible Momentum," Fort Carson and the community will be in a position of strength to continue progress

towards sustainability even while leaders and organizations change.

Keynote speakers will discuss sustainability as it relates to their organizations. Maj. Gen. Robert W. Mixon Jr., commanding general Division West, First Army and Fort Carson, and Garrison Commander Col. Eugene B. Smith are presenting opening remarks. Keynote speakers on the agenda include: Larry Schweiger, president and chief executive officer of the National Wildlife Federation; Sherri Goodman, general counsel at the Center for Naval Analyses; and Tad Davis, deputy assistant secretary of the Army (Environment, Safety and Occupational Health). Other speakers include Colorado Springs

Mayor Lionel Rivera and Fountain Mayor Jeri Howells. A poster café session will be held to report sustainability progress at Fort Carson and encourage dialog among participants. Workshops focusing on three of Fort Carson's goal areas — smart growth, transportation and zero waste — will also be held.

Registrations are being taken electronically through the conference web site at <http://sems.carson.army.mil> for attendees and exhibitors interested in participating in the expo. The web site contains all information pertaining to the conference and expo, including location, agenda and exhibitor information.

Food and heart disease: What's the connection?

by Capt. Kristin Monnier

Mountain Post Wellness Center Dietician

Coronary heart disease, including heart attacks, and cerebrovascular disease, or strokes, kill more than 30 percent of American adults. CHD occurs when arteries become narrowed or clogged by cholesterol and fat deposits, limiting the amount of oxygen-rich blood that flows to muscles around the heart or brain. Research shows that high blood cholesterol is one risk factor for CHD.

The food we eat has a direct effect on cholesterol levels. Decreasing fats, especially saturated and trans fat, while increasing fiber will help lower your cholesterol levels. No food contains just one type of fat, but foods usually have a greater part of one type. Knowing how fat, cholesterol and fiber affect cardiovascular disease can help reduce your CHD risk.

Saturated fat

Saturated fat is found in fats from animals. It's the fat that is solid at room temperature. Butter, milk, cheese, meat fat and chicken skin are among some of the foods highest in saturated fat. This fat is more closely related to increasing your risk of cardiovascular disease and increasing blood cholesterol levels than any other dietary factor. It increases blood cholesterol levels by increasing the low-density lipoprotein, or "bad," cholesterol. LDL cholesterol increases plaque build up in blood vessels. Removing skin from poultry, drinking skim or 1 percent butterfat milk, and choosing vegetable oil instead of butter when cooking will help.

Trans fat

Hydrogenation is the process used to make solid fats like margarine and shortening from vegetable oils. This process causes trans fatty acids to form in polyunsaturated fats. Trans fats increase LDL cholesterol levels. In addition, trans fats reduce high-density lipoprotein, or "good," cholesterol levels. Harder margarines like stick margarine contain more trans fatty acids than soft tub margarines. Any food made with partially hydrogenated oil contains some trans fats. Look for trans fat listed on the nutrition facts label and aim for foods with one gram or less per serving. Choose margarines with zero grams trans fat instead of butter.

Cholesterol

Cholesterol is found naturally in the human body and is necessary to make certain hormones. It is also found in any food that comes from an animal. Cholesterol in the foods you eat has less effect on blood cholesterol levels than saturated fats. Most health experts recommend limiting cholesterol intake to an average of 200 milligrams or less per day. Egg yolks and organ meats are high in cholesterol. Limit egg yolks to no more than two per week and eat liver less frequently.

Monounsaturated fat

Studies show diets high in monounsaturated fats tend to decrease the risk of cardiovascular disease by raising the HDL cholesterol levels and decreasing the LDL cholesterol levels. These changes in blood cholesterol may help reduce plaque build up in vessel walls. These fats are found mostly in oils of plant origin, specifically olive oil, canola oil and peanut oil. Nuts such as walnuts, peanuts and pecans are also

high in monounsaturated fats. Using canola oil for all cooking and snacking on nuts instead of high-fat crackers and chips can help increase monounsaturated fats in your diet.

Polyunsaturated fat

Polyunsaturated fats may help reduce LDL cholesterol, but they may also reduce HDL cholesterol. Substituting polyunsaturated fat for saturated fat is a good idea, but a better plan is to use a monounsaturated fat. Polyunsaturated fats are mostly found in foods of plant origin such as corn, soybean and sunflower oils. Certain polyunsaturated fats, called omega-3 fatty acids, may reduce the risk of CHD by making the blood less sticky and reducing triglycerides in the blood. Omega-3 fatty acids are found in fish like tuna and salmon, as well as wheat germ and flax seeds. Increase omega-3 fatty acids by eating fish twice a week or adding wheat germ and flax seed to foods you already consume.

Fiber

Soluble fiber is associated with lowering blood cholesterol and triglycerides. Insoluble fiber, also known as roughage, does not have an effect on cholesterol levels but is effective in reducing your risk for certain types of cancer, and assists with bowel regularity and provides a feeling of fullness. Twenty-five to 35 grams of dietary fiber is recommended per day and 10 to 25 grams should come from soluble fiber. Increase soluble fiber by including more beans, vegetables, fruits and whole grain products daily.

For more information, contact a registered dietitian by calling the Mountain Post Wellness Center at 526-3887.

Army Child Care in Your Neighborhood

Financial assistance for off-post child care

by **Rebecca E. Tonn**

Mountaineer staff

Fort Carson is a pilot site for the National Association of Child Care Resource and Referral Agencies' new partnership, said Susan Silva, administrator for Fort Carson's Child and Youth Education and Outreach Services.

NACCARA holds the contract for the Army Child Care in Your Neighborhood program and pays the difference between on-post and off-post child care for eligible active-duty Army families when on-post

child care positions are filled.

"It's a good program, especially for military families (who live) off post," said Silva. Army families with working spouses or spouses going to school will be eligible for child-care fees comparable to those on post, through fee assistance, according to Silva.

Interested parents need to call Child Care Connections, a local agency that maintains a list of off-post child care centers that participate in ACCYN, to see if the child care facility or family

child-care home they want to use, or are already using, is affiliated with ACCYN.

The next step is to go online and fill out a NACCRRRA eligibility form or get a form from the CYS central registration office, building 1518.

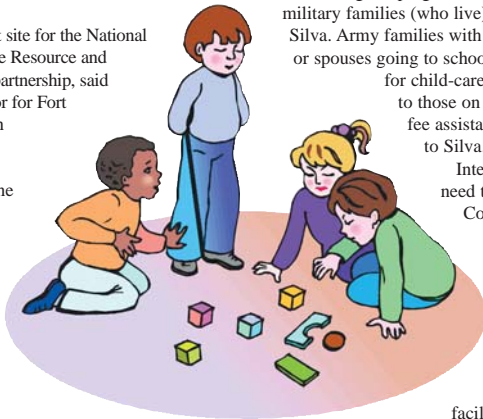
There are 25 providers and three child-care centers in the surrounding area that have spaces for ACCYN, said Silva. Once a family contacts CCC, they are referred to NACCRRRA, and the reimbursement goes directly to the child-care center or program, she said.

CYS has on-post openings for ages 12 months through the sixth grade. ACCYN has 150 off-post openings for ages six weeks to 12 years.

CYS will loan resources, if they are available, and provides training to off-post child-care providers.

"It is a partnership, (which) builds up the quality of off-post child-care facilities," said Silva.

For more information go to www.naccrra.org/MilitaryPrograms or call Silva at 526-1101. The CCC Parent Referral Line is 638-2057.



Every 1 of Us Take 2 and Be the Miracle

Below: Master of Ceremonies Jon Karroll of KRDO, addresses the crowd at the Special Events Center.



Above: A postal worker speaks to a representative of the American Red Cross. Approximately 80 charities were present at the Combined Federal Campaign kickoff event.

Below: Harmony in Motion sings the national anthem to start the kickoff activities.

Right: Garrison commander Col. Eugene Smith samples the chili cook-off entries.



Left: Special guest, Ami Cusack of "Survivor Vanuatu," right, and Pikes Peak CFC director, Barbara Fitz, second to right, enjoy Command Sgt. Major Terrance McWilliams's speech.

Story and photos by Michael J. Pach
Mountaineer staff

The Combined Federal Campaign kicked off its annual solicitation drive Oct. 3 at the Special Events Center in style — "Survivor" style, that is. The kickoff featured Master of Ceremonies, Jon Karroll from KRDO, a special guest appearance from "Survivor Vanuatu" contestant, Ami Cusack, a Survivor challenge and speeches from post commanders.

This is the time of the year when federal employees are asked to make donations to any of more than 1,700 screened charities that are CFC members, and the current campaign runs through Nov. 15. This year's CFC theme is "Every one of us — can take 2 and be the miracle." CFC is saying that all it takes is to donate two minutes of your hourly pay per day to make a considerable difference to the people that benefit from its member charities. Donations can be made in the form of cash, check or a payroll deductions and go directly to the organizations you choose.

Cusack was honored to be chosen as a guest

speaker for this event.

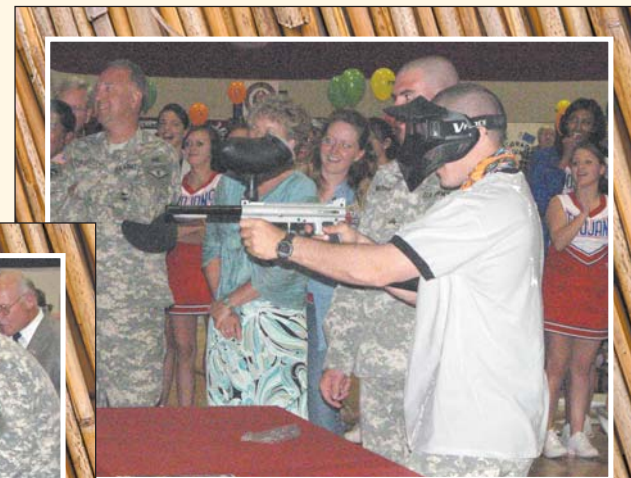
"Of all the charity events I've spoken at, this is the closest to my heart because these people are risking their lives for my freedom and safety. I am so thankful for that gift, and without these people, some of these charities would not be in existence," Cusack said.

As a 12-time master of ceremonies, Karroll looks forward to being a part of this event every year.

"It's a great chance to kick-start a campaign that can do so much good right here in our community. Over the last 12 years, it's been exciting to see how much this event has grown and looks like it will continue to grow in the years to come. It's a fun way for me to be involved with the community," said Karroll.

Command Sgt. Maj. Terrance McWilliams is a big supporter of the CFC and encouraged everyone to get involved.

"I encourage every Soldier to give because every member has a family member that (can benefit from these charities), and the charities are helping find cures," said McWilliams. "In order to keep them (the charities) going, we have to give and give and give."



Above: Two contestants from the crowd were selected to participate in a Survivor challenge. This Soldier shoots out disease, poverty and homelessness with a paint gun.



Left: Fountain-Fort Carson High School cheerleaders end the kickoff rally with a cheer.



Come enjoy the breath-taking, 18-hole championship golf course, located at 7800 Titus Blvd, near Evans Hospital. Year round golf is available and group and private lessons can be scheduled by calling 719-526-4102. See you on the course!



**Join us for lunch at Mulligans Grill,
Monday - Friday, 11 a.m. - 2 p.m.**



Cheyenne Mountain State Park

Cheyenne Mountain State Park, located just outside Gate One across Highway 115, will open to the public **Saturday, 21 October 2006**. The Visitors' Center, trail head parking lot, comfort station and access to **20 miles of hiking and mountain biking trails** will be accessible at this time.

Entrance fees: \$5 daily, or \$55 for an annual pass, good at all Colorado State Parks.
Of special interest: **FREE admission for disabled veterans** displaying current Colorado D.V. license tags.

Other annual passes and concurrent price structures can be viewed at:

www.parks.state.co.us

under "Buy Your Pass."



For more information: **526-5366**



Saddle up for a trail ride:

Horses head down the trail five times a day Wednesday through Sunday. Trail rides are for riders 7 years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905

Coming Attractions



- Digital Lounge
- High tech on-line gaming
- WiFi
- Coffee Lounge
- Sports Programming

Coming to the old Xtremes location, Building 1532

For information: **576-7540**

SPORTS & LEISURE

Sports Illustrated tournament begins today on post



International players like these two young ladies, one from England, left, and one from Canada, took part in the coed portion of the Sports Illustrated softball tournament Saturday at the Mountain Post Sports Complex.



An Aces player strokes a base hit to left center field during the team's game Saturday at the Mountain Post Sports Complex.

Story and photos by
Walt Johnson

Mountaineer staff

The Mountain Post had a great showing during the Sports Illustrated Advertising Softball World Series Oct. 5 through Saturday.

The Aces, the men's post varsity softball team, won first place in its division. The Lady Mountaineers, the post women's varsity softball team, finished third in its division and the post coed team placed second in its division.

Softball games involving men's women's and coed teams were played at the Mountain Post Sports Complex on post and the Skyview Sports Complex in Colorado Springs. Bill Reed, Special Events Center manager who helped the Sports Illustrated team orchestrate its association with the base, said the tournament was a great event for the players and fans who took part in it.

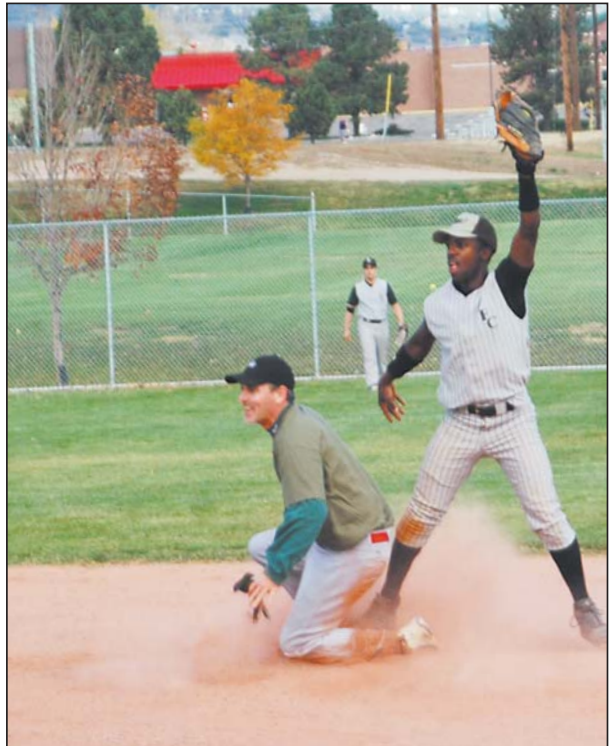
"We thought the idea to take part in the tournament by hosting a portion of it on our fields at the Mountain Post Sports Complex was a win-win situation for everyone involved, and we were right. The teams enjoyed the opportunity to play at our complex, and we were just as happy to have the

teams here to play. This was a great opportunity for us to have a positive interaction with the local, national and international community, and it gave our teams the opportunity to play against some of the best softball competition in the world," Reed said.

In addition to teams from the United States, the tournament took on an international flavor as teams from Canada and the United Kingdom also took part in the action. In the end, the post team representatives made a great showing by winning or placing second or third in each event the post submitted a team.

"We knew the Aces would be a competitive team in the tournament as it has been all year in the local area. It was great to see them be able to win on its home turf as it did and bring the first place trophy to the Mountain Post. Then, to have the women's team place third and the coed team place second in their divisions was also a crowning achievement for the post softball teams," Reed said.

Reed said all the tournament officials, players and fans he spoke with said the Mountain Post facilities and hospitality were second to none and that it was a huge benefit to the tournament to be able to use the facilities to host the tournament here.



Aces player Joseph "JoJo" Monroe, right, holds the ball up to show the umpire he made the catch on a play at second base but the throw was too late to get the runner out Saturday at the Mountain Post Sports Complex.

On the Bench

All Army basketball team begins practicing on post

by **Walt Johnson**
Mountaineer staff

There will be plenty of hoops action at the Mountain Post Special Events Center over the next six weeks.

The All-Army basketball team training camp began Wednesday and will continue through the end of October. Tony Reed will be the head coach for this year's team. Currently, the only player trying out for the team that was on last year's squad is last year's team captain, Craig Marcelin.

The Army squad is scheduled to play a full two-week schedule of exhibition games, most of them at the Special Events Center in preparation for the interservice competition, that will see teams from the Air Force, Navy and Marines join the Army team and will be hosted by Fort Carson at the Special Events Center Nov. 5-10.

The All-Army team will begin its exhibition game schedule Saturday at 3 p.m. at Garcia Physical Fitness Center, when it meets the

base varsity team from F.E. Warren, Air Force Base, Wyo. The team will make its first of two road trips when it plays the Peterson Air Force Base all-stars Monday at Peterson at 6 p.m. Tuesday, the team will return to the Special Events Center when it meets Pops All Stars at 7 p.m. The team will travel to Buckley Air Force Base in Aurora to meet the Buckley base team at 6 p.m. Future games will be in the next edition of the *Mountaineer*.

Navy began the Commander-in-Chief's Trophy race the way it ended it last year, by defeating the Air Force Falcons 24-17 Saturday at the Academy to take a huge step toward retaining the Commander-in-Chief's Trophy.

The game marked the first contest between the service academies that presents the winner of the round robin series with the Commander-in-Chief's Trophy and the opportunity to go to the White House to have the president congratulate the winning team.



Photo by Walt Johnson

Warming up

Joe'alle Claiborne, front, and her teammates warm up by kicking soccer balls toward the goal before youth action Saturday at the Mountain Post's Pershing Field youth soccer fields.

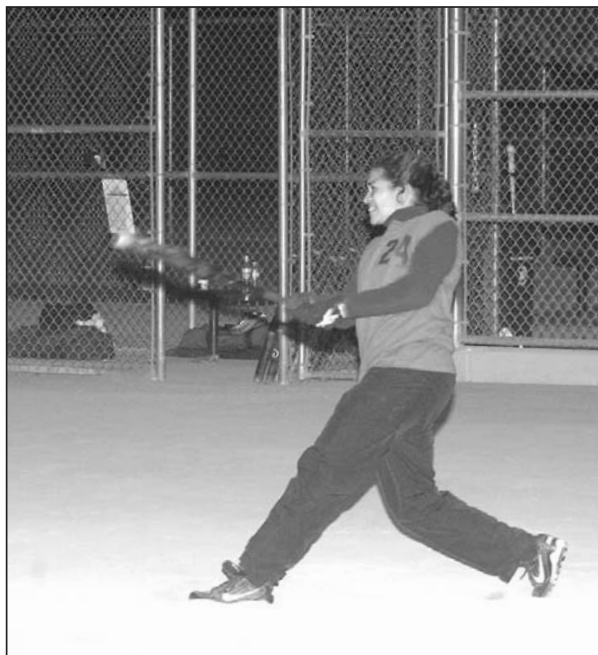


Photo by Walt Johnson

That's a hit

Lady Mountaineer player, Maylan Gaspar, blasts a hit to center during the Lady Mountaineers last game of the regular fall season Oct. 4 at Skyview Sports Complex in Colorado Springs.

Bench

From Page 32

Navy's victory means the Air Force vs. Army game in November could actually settle the race for the trophy if Air Force wins. If Air Force wins the game against Army, then Navy will keep the trophy no matter what happens when it meets Army in its annual game in December. If Army beats Air Force, then the Army vs. Navy game will decide the Commander-in-Chief's Trophy race.

The Academy sports office has announced there will be complimentary tickets available to military enlisted members for all Academy home games (in the sports of football, men's and women's basketball, hockey and volleyball). A limited amount of tickets will be available for the the Nov. 11 game with Notre Dame.

The complimentary tickets will be available for the activity that will be taking place during the current week's games. People at the Mountain Post who are interested

in attending the games can call the Academy at 472-1895 and reserve tickets. There will be a limit of two tickets per person and the tickets are available on a first-come, first-served basis. Tickets must be

picked up 48 hours prior to the game and no tickets will be available within 48 hours of game time.

Air Force's next home football game will be Oct. 28 when the Falcons will host the Brigham Young Cougars.

In order to get the tickets, people must possess a valid military identification card and be 18 years of age or older.

There will be full schedule of aerobics classes at Forrest Fitness Center Saturday-Friday.

There will be two classes today, yoga at 9 a.m. and kick boxing at 5:30 p.m. Saturday there will also be two classes, toning and spinning at 9:15 a.m. Monday there will be yoga classes at 9 a.m., spinning and 20/20/20 classes at 4:30 p.m. and a 20/20/20 class at 5:30 p.m. Tuesday with cardio mix at 9 a.m.; kick boxing at 5:30 p.m. and yoga at 6:30 p.m. Wednesday the center will offer yoga classes at 9 a.m., 20/20/20 classes at 4:30 and kick boxing at 5:30 p.m. p.m. and kick boxing at 5:30 p.m. Thursday the center will offer cardio mix at 9 a.m. and yoga at 5:30 p.m.

Forrest Fitness Center is looking for anyone who is a certified aerobics instructor who would like to teach classes.

Anyone interested should contact Danielle Dungen, the cen-

Mountaineer Sports Standings

American League

Team Name	W	L
68th CSB	5	3
2nd/360th	5	4
MEDDAC	4	5
59th QM	3	5
43rd ASG	0	8
230th Finance	0	4
759th MP	0	2

National League

Team Name	W	L
1st Mob	8	1
A Co, 2/4th	8	2
4th Engineers	6	3
A Co, 1/67th	4	4
183rd Maint	4	6



Photo by Walt Johnson

68th Combat Support Brigade player, Stan Pratt, left, and his teammates were treated to a halftime snack by Pratt's girlfriend Tanya Fenner during action recently at the Mountain Post Sports Complex.

Fall Softball Standings

Team Name	W	L
Outlaws	4	0
Got Game	4	0
3/16th FA	2	2
Devil Dogs	1	2
183rd Maint	0	3
1st Mob	0	4

Mountaineer Athlete of the Week



Mitch Johnson

Sports Position: Head football coach Fountain-Fort Carson High School

The following information was provided by USA Today magazine.

Congratulations to Mitch Johnson who was recently named a top 10 finalist in USA Weekend's Most Caring Coach contest. The article is listed on the following web site: http://www.usaweekend.com/06_issues/061001/061001mca.html#coaches.

In a community buffeted by parents' frequent deployments to Iraq, the students of Fountain-Fort Carson High School and the football players in particular know they have a coach they can rely on for leadership and emotional support. Says parent Cathy Pigott, whose husband was in Iraq and whose son Brodie played for Mitch Johnson: "He is a soldier. He just doesn't wear the camouflage uniform. He is a large oak tree — the kids get roots from him." In his 27 years at the school, Johnson — who is also the dean of students — has become more than a coach to his players. From filling the role of father figure to ensuring athletes live up to their academic potential to making sure a student with a learning disability got playing time every game, Johnson has become a bulwark here. Buzz Bissinger, author of "Friday Night Lights," profiled this Army town and Johnson's role in it for "Vanity Fair." Observing Johnson's effects on the Fort Carson community, Bissinger felt the coach had achieved the best balance between caring and a drive for success. "As Mitch said, these kids grow up pretty quickly here because of the presence of the war. It's a gut check for us all," the writer says.

**Week 6****Football****Pigskin Picks****College**

1. Colorado State vs. Air Force
2. Army vs. Connecticut
3. Rutgers vs. Navy
4. Florida vs. Auburn
5. Ohio State vs. Michigan State
6. Michigan vs. Penn State



Tory Battle
DENTAC

1. Air Force, 2. Army, 3. Rutgers, 4. Florida, 5. Ohio State, 6. Michigan State, 7. Buccaneers, 8. Lions, 9. Rams, 10. Falcons, 11. Eagles, 12. Ravens, 13. Dolphins, 14. Chargers, 15. Steelers, 16. Broncos



Tony Reed
All-Army basketball coach

1. Colorado State, 2. Army, 3. Navy, 4. Florida, 5. Ohio State, 6. Michigan, 7. Bengals, 8. Bills, 9. Seahawks, 10. N.Y. Giants, 11. Eagles, 12. Ravens, 13. Dolphins, 14. Chargers, 15. Steelers, 16. Broncos

NFL

7. Bengals vs. Buccaneers
8. Bills vs. Lions
9. Seahawks vs. Rams
10. Giants vs. Falcons
11. Eagles vs. Saints
12. Panthers vs. Ravens
13. Dolphins vs. Jets
14. Chargers vs. 49ers
15. Chiefs vs. Steelers
16. Raiders vs. Broncos



Alexander Rodriguez
Peterson AFB

1. Air Force, 2. Army, 3. Navy, 4. Florida, 5. Ohio State, 6. Penn State, 7. Bengals, 8. Bills, 9. Seahawks, 10. Falcons, 11. Eagles, 12. Ravens, 13. Jets, 14. Chargers, 15. Steelers, 16. Broncos



Brian Watkins
MEDDAC

1. Colorado State, 2. Army, 3. Rutgers, 4. Auburn, 5. Michigan State, 6. Michigan, 7. Bengals, 8. Lions, 9. Rams, 10. N.Y. Giants, 11. Saints, 12. Panthers, 13. Dolphins, 14. 49ers, 15. Steelers, 16. Raiders



Mountaineer College Sports

Navy sinks Air Force

*Navy quarterback,
Brian Hampton, 3,
looks to make a play
against the Air Force*

*Falcons defense
Saturday at the Air
Force Academy
football stadium.
Navy won the game
24-17 and took
another step toward
keeping the
Commander-in-
Chief's Trophy. If
Army beats Air Force
in its game in
November the Army-
Navy game will
be for the coveted
trophy. If Air Force
beats Army, Navy
will retain the trophy
even if Army
beats Navy in its
December clash.*



Photo by Walt Johnson

Mountaineer Youth Sports

Way to go team

Youth Center cheerleaders cheer on members of the youth center teams for 8-10-year-olds during action Saturday at the Mountain Post's Pershing Field youth football fields. The cheerleaders do a great job of cheering for the teams and keeping the parents involved with the action on the field according to one parent whose daughter is a cheerleader.



Photo by Walt Johnson

Outdoor activities

Story and photos
by Nel Lampe
Mountaineer staff

Pueblo's Greenway and Nature Center is a treasure for hikers, bicyclists, leisure walkers and people who want to picnic, watch the Arkansas River flow by or have breakfast, lunch or dinner at the restaurant on site; Pueblo's longer warm season allows outdoor activities into October and perhaps November.

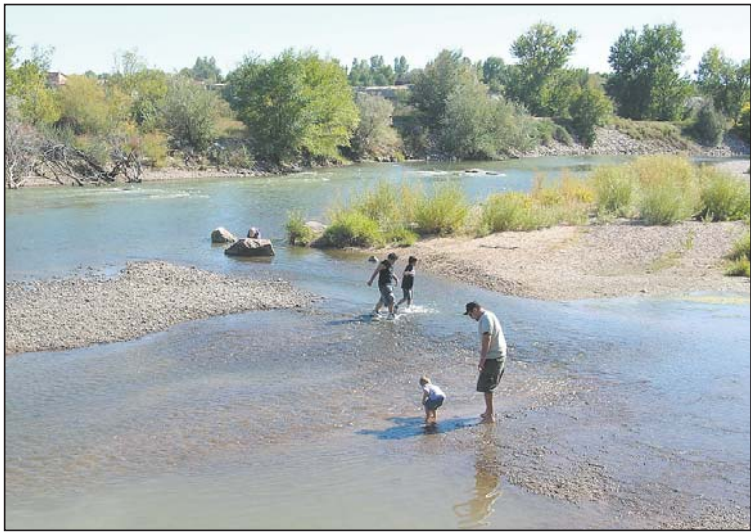
Located along the banks of the Arkansas River, the Greenway and Nature Center has plenty of large cottonwood trees providing shade along some of the paved and unpaved trails. The nature center is open to the public, although it is set up on a membership basis. A \$50 membership is for a family of four and includes restaurant discounts and parking passes.

A parking fee has recently been instituted for the nature center, but there is no other charge for hiking, biking, walking or roller blading at the facility. It is open for use dawn to dusk, but offices observe 9 a.m.-4 p.m. hours, and are closed Sundays.

Visitors are asked to pay a \$3 parking fee while at the nature center. The fee is paid at an honor station and visitors should have correct change.

According to Jay Zarr, president of the board for the nature center, income is generated by the parking fees and memberships.

Fishing, rafting and watching wildlife are other activities enjoyed by the 325,000 annual visitors to the center. There's a "log jam" play area and dozens of picnic tables. Day care



Visitors to the Pueblo Greenway and Nature Center wade in the Arkansas River water that runs nearby.



A biker rides on one of the paved paths at the Pueblo Greenway and Nature Center, in the shadow of the rocky cliffs.

centers sometimes bring bus loads of children to picnic or play in the area. Company picnics and family reunions are sometimes held at the pavilion.

Many visitors arrive with bikes on their cars, and quickly hit trails. There's 38 miles of trails. The River Trails System goes to Pueblo Reservoir in Lake Pueblo State Park. The trail also goes east to downtown Pueblo.

People who didn't bring a bike along can rent them. Call the bike shack at (719) 251-9312 for information about bike rentals.

The nature center can also be rented for special events, such as weddings. Popular locations are the Waterfront Deck and Xeriscape Plaza.

Volleyball and horseshoe courts are also at the center and equipment can be rented.

The area came into being about 30 years ago. Local citizens thought a nature center was needed. The land, belonging to both the city of Pueblo and the state of Colorado, was



Children play on the log jam playground at the Pueblo Greenway and Nature Center.

Happening



Places to see in the Pikes Peak area.

Oct. 13, 2006

Nature

From Page 41

obtained on a 99-year lease and was managed by the University of Southern Colorado at the time. The Greenway and Nature Center is no longer affiliated with the university.

The Greenway and Nature Center is also host for several popular fests in the summer, and other activities. Annual events include a river fest, raft race and a rock and blues fest.

Cottonwood Nature Shop is at the nature center and features nature-type gifts such as bird feeders and seed, as well as books, cards, posters, jewelry and T-shirts. It is open the same hours as the office.

An on-site restaurant, Mandolyn Falls, is open Tuesday through Sunday. Hours Tuesday-Thursday are 8 a.m.-9 p.m. Hours Friday-Saturday are 8 a.m.-10 p.m. and Sunday hours are 8 a.m.-8 p.m. The restaurant is closed Mondays. The restaurant specializes in American, Mexican and Italian food and provides outdoor dining with a river view as well as a spacious dining room. The restaurant's phone number is (719) 549-2934.

Also part of the Pueblo Greenway and Nature Center is the Raptor Center of Pueblo, which provides care for injured birds of prey.

Visitors may see the raptors that are living at the raptor center. Some raptors are recovering and will eventually be released in the wild.

However, some birds are permanent residents of the raptor center, including two bald eagles and a golden eagle.

The raptor center also provides educational programs about birds of prey. About 10,000 area students visit the Raptor Center on field trips each

year. Call (719) 549-2327 for information or to arrange a program.

Organizations or individuals may also adopt raptors by providing the cost of food.

About 200 birds of prey, including eagles, owls and falcons are treated at the raptor center. About half the birds are eventually released in the wild. Two staff members are employed at the raptor center, supplemented by many volunteers, including veterinarians.

The raptor center is open from 11 a.m. to 4 p.m., Tuesday through Sunday. The phone number is (719) 549-2327.

Because Pueblo is at a lower altitude than Colorado Springs, the outdoor recreation season is usually longer in the Pueblo area, later in the fall and beginning as early as April or May. Keep the Pueblo Greenway and Nature Center in mind when area weather may be too nippy for a bike ride or a hike in Colorado Springs.

The Pueblo Greenway and Nature Center is about 45 miles from Fort Carson. Take Interstate 25 south to Exit 101, Highway 50 West. Go west to Pueblo Boulevard and turn left. Follow Pueblo Boulevard to West 11th Street. At the stoplight turn right onto 11th Street, which becomes Nature Center Road. It's about a mile farther to the nature center.

During October, the Pueblo Greenway and Nature Center will host an open family event, a Haunted Luau at 7 p.m. Oct. 21. Admission is \$25 for a family of four.

An Enchanted Forest is Oct. 27-31, from 4:30-6:30 p.m., and includes activities. At 7:30



Bicyclists of all ages enjoy a ride on a paved path at the Pueblo Greenway and Nature Center.



A restaurant with a view of the Arkansas River is at the nature center.

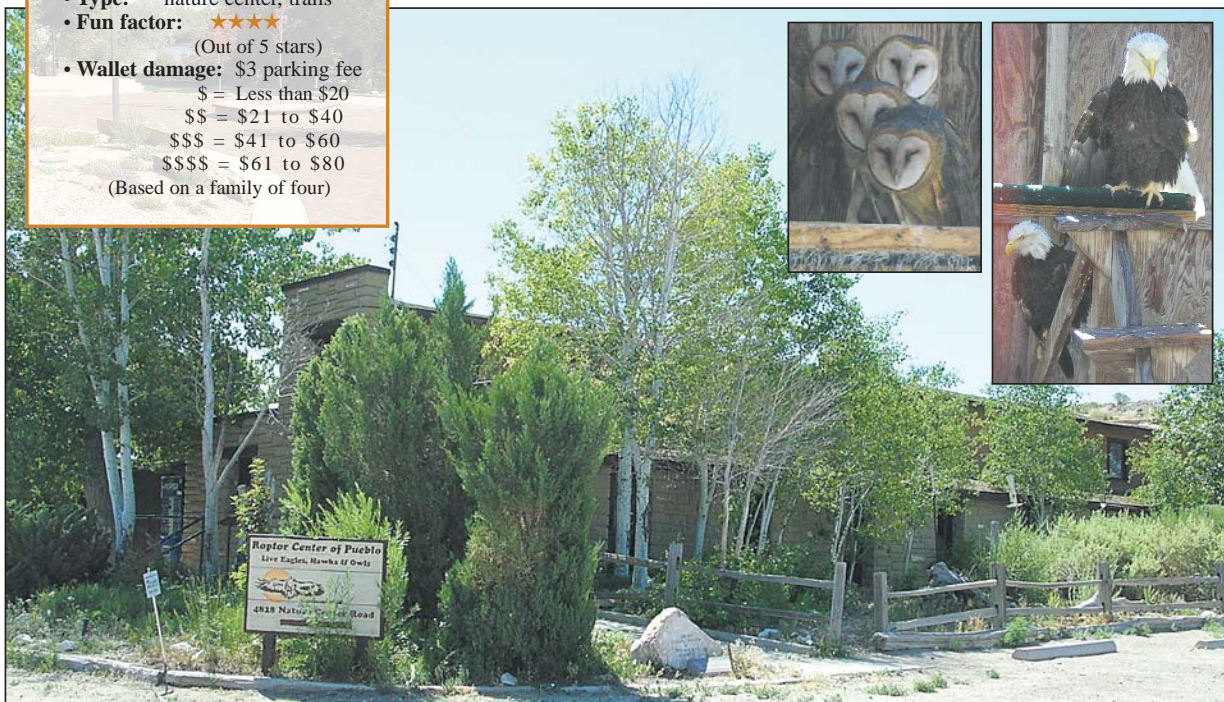
p.m., the forest becomes a spooky trail for adults. Admission is \$20 for a family four-pack or \$7 for adults and \$4 for those under 12.

The phone number at the Pueblo Greenway and Nature Center is (719) 549-2414.

Just the Facts

- **Travel time:** less than an hour
- **For ages:** all
- **Type:** nature center, trails
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$3 parking fee
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80

(Based on a family of four)



The Raptor Center of Pueblo is less than a quarter mile from the nature center and can be visited. It's part of the Pueblo Greenway and Nature Center and has no admission fee. There's a nearby parking lot. The Raptor Center houses raptors and birds that are recuperating, such as the barn owls, left inset and two bald eagles, right inset.

Get Out!

Academy concerts

The Air Force Academy concert season includes The Lettermen's Christmas Show, Dec. 1; Bill Engvall, Feb. 10; "Wonderful Town," March 3; and Chip Davis and Mannheim Steamroller, May 4. Shows are in Arnold Hall Theater; call the box office at 333-4497.

Fine Arts Center theater

"I Love You, You're Perfect, Now Change," presented by the Fine Arts Center's Repertory Theater, runs through Oct. 22 in the theater at 30 W. Dale St. Productions are Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m.; call the box office at 634-5583.

Halloween activities

Mind Seizure Haunted House — the city's oldest haunted house is at the Flea Market, 5225 E. Platte Ave., about a mile east of the Citadel Shopping Center and the management recommends it for ages 12 and over. Mind Seizure is open Thursday-Sunday each week and begins daily operation Oct. 26-31. Admission is \$13; military get a 50 percent discount on Sunday and Thursdays through Oct. 22. More information is at www.mindseizurehauntedhouse.com.

Town of Terror is the haunted house at Buckskin Joe, near the Royal Gorge Bridge.

It is open through Sunday and Wednesday through Oct. 22 and 25-29. Learn more by going to www.BuckskinJoe.com and clicking on "activities."

"Boo at the Zoo" is Oct. 20-22 and 27-29 at Cheyenne Mountain Zoo, 4250 Cheyenne Mountain Zoo Road. From 5:30-8 p.m. admission is \$10, children 2 and under get in free. There are treat stations, a bat cave, pumpkin path and magic shows. Free bus shuttles run from the Sears parking lot at the Broadmoor Towne Center off S. Nevada Street; call 633-9924 for information.

Emma's Favorite Haunts are in Manitou Springs. Visit the ghosts Oct. 28 from 7-9 p.m., call 685-5894 for reservations. There's also a coffin parade at noon and a race at 1 p.m. It's in downtown Manitou Springs on Manitou Avenue.

Six Fags Elitch Gardens' Fright Fest is 5-10 p.m. Fridays and noon-10 p.m. Saturdays and noon-9 p.m. Regular admission is charged or get tickets at Information, Registration and Tours, 526-5366. The fright fest runs through Oct. 29; go online at www.sixflags.com.

Pueblo theater

The concert season at the Pueblo Arts Center Theater includes "Capitol Steps," Feb. 28 at 7:30 p.m., "Romeo and Juliet," March 10 at 4 p.m. and Glenn Miller Orchestra, April 13 at 7:30 p.m. In addition, Conjunto Colores is Nov. 3 at 7:30 p.m. at Jackson Conference Center. Season tickets are \$90 and single tickets, as available, are \$20. Call (719) 295-7222. The Art Center Theater is at 210 N.

Santa Fe Ave. in Pueblo, reached by taking Exit 98B.

Improv comedy

Colin Mochrie and Brad Sherwood present an evening of improvisational comedy Oct. 20. at the Pikes Peak Center. 190 S. Cascade. Call 520-SHOW for tickets.

Pumpkin patch

Turkey Creek Ranch hosts a pumpkin patch with hay-wagon rides. Rides to the pumpkin patch are offered Wednesday-Oct.-29. There's a charge for the hay-wagon ride but each rider gets a pumpkin to take home. Reservations are recommended; call 526-3905.

Academy football

Three more home games are at the Air Force Academy: Brigham Young University is Oct. 28, Notre Dame is in the stadium Nov. 11 and Utah plays there Nov. 18. Call the ticket office at 472-1895 to buy tickets or to ask about free tickets for military.

Concerts

"Hootie and the Blowfish" are in concert Oct. 25 at 7 p.m. in the Pikes Peak Center. Tickets are at www.ticketswest.com.

"Blue Man Group" is in the Colorado Springs World Arena Oct. 28 at 8 p.m. Tickets start at \$41.50; call Tickets West at 576-2626.

The Pikes Peak Philharmonic begins its season with "A Fall Romance" Sunday at 3 p.m., at Radiant Church, 4020 Maizeland Road. Adults are \$8 at the door; students \$5.



Photo by Nel Lampe

Pumpkin patch

Turkey Creek Ranch again hosts its "pumpkin patch" event Wednesday-Oct. 28. Families ride a hay wagon to the pumpkin patch and pick a pumpkin. Sign up individually or with a group of friends. Call 526-3905 for reservations.

Buster's Baghdad

by Maj. James D. Crabtree

THIS IS THE AN/PSQ-99 RC JAMMER
DEVELOPED FOR USE BY THE CIA. YOU
TURN IT ON BY PUSHING THE "OFF"
BUTTON.

